

Sunan of Sleeping

Anas رضي الله عنه narrates in a ḥadīth that
Rasūlullāh صلى الله عليه وسلم once said to him,

*'...and whosoever loves
my sunnah, loves me; and
whoever loves me, will be
with me in Jannah.'*

(At-Tirmidhī)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1) To recite the following after the Maghrib Ṣalāh, any time before going to sleep:

- Sūrah Al-Mulk
- Sūrah As-Sajdah
- Sūrah Al-Wāqī‘ah. (*At-Tirmidhī & Al-Bayhaqī*)

2) To abstain from any futile activity after the ‘Ishā Ṣalāh; however, to participate in religious gatherings or to earn one’s livelihood is permissible. (*Al-Bukhārī*)

3) To recite بِسْمِ اللَّهِ when:

- Closing doors and windows,
- Covering uncovered utensils,
- Switching-off lights. (*Muslim*)

4) To perform Wuḍū. (*Al-Bukhārī & Muslim*)

5) To apply surmah to both the eyes thrice. (*Shamā’il-at-Tirmidhī*)

6) To dust the bed thrice with a corner of one’s clothes. (*Al-Bukhārī & At-Tirmidhī*)

7) To recite:

- Āyah-al-Kursī.
- Tasbīḥ Fāṭimī.
- The last two āyāt of Sūrah Al-Baqarah. (*Al-Bukhārī & Muslim*)

8) To recite Sūrah Al-Ikhlāṣ, Sūrah Al-Falaq and Sūrah An-Nās; then to blow on one's palms and pass them over the body. (*Al-Bukhārī*)

9) To recite Sūrah Al-Kāfirūn. (*Fath-al-Bārī*)

10) To use a pillow. (*Al-Bukhārī*)

11) To sleep facing the qiblah, on the right side, with the right palm under the right cheek. (*Al-Bukhārī, Muslim, Abū Dāwūd*)

12) To refrain from sleeping on the stomach. (*At-Tirmidhī*)

13) To recite the following:

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ، وَأَتُوبُ إِلَيْهِ
(*At-Tirmidhī*)

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَ أَحْيِي (Al-Bukhārī)

بِاسْمِكَ رَبِّ وَضَعْتُ جَنْبِي وَبِكَ أَرْفَعُهُ، إِنَّ
أَمْسَكَتَ نَفْسِي فَاغْفِرْ لَهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا

تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ (Al-Bukhārī)

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

(Abū Dāwūd & At-Tirmidhī)

اللَّهُمَّ أَسَلَمْتُ نَفْسِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ،

وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَالْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَ

رَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مَنَاجَا مِنْكَ إِلَّا إِلَيْكَ، أَمَنْتُ

بِكِتَابِكَ الَّذِي أَنْزَلْتَ وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ

(Al-Bukhārī)

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَكَفَانَا وَآوَانَا، فَكَمْ

مِمَّنْ لَا كَافِيَ لَهُ وَلَا مُؤْوِي (Muslim & At-Tirmidhī)

14) If unable to sleep, one should recite:

اللَّهُمَّ غَارَتِ النَّجُومُ، وَهَدَّاتِ الْعُيُوبُ، وَأَنْتَ الْحَيُّ الْقَيُّومُ، لَا تَأْخُذُكَ سِنَةٌ وَلَا نَوْمٌ، يَا حَيُّ يَا قَيُّومُ،
أَهْدِيْ لَيْلِيْ وَأَنْمِ عَيْنِي (Ibn-as-Sinnī)

15) If one has a nightmare, one should recite:

بِسْمِ اللَّهِ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
(Kanz-al-'Ummāl)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ وَشَرِّ عِبَادِهِ وَمِنْ
هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَّحْضُرُونِ (Ibn-as-Sinnī)

Thereafter, one should make a spitting gesture thrice to the left hand side and change sleeping position. The nightmare should not be related to anyone. (Al-Bayhaqī)

16) If one happens to wake up during the night, then one should pray some tasbīḥ, do istighfār and make du‘ā to Allāh ﷻ. It will inshā’ allāh be accepted. (Ibn-as-Sinnī)

17) The night should be split into **six** portions: the first **three** for resting, the next **two** for ‘ibādah and the **final** portion for resting, in preparation for the Fajr Ṣalāh. (*Al-Bukhārī*)

18) Upon awakening one should recite:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ
(*Al-Bukhārī*)

الْحَمْدُ لِلَّهِ الَّذِي رَدَّ عَلَيَّ رُوحِي، وَعَافَانِي فِي جَسَدِي،
وَأَذِنَ لِي بِذِكْرِهِ (*Ibn-as-Sinnī*)

19) Thereafter one should rub one’s eyes with one’s palms to remove the effects of sleep. (*Al-Bukhārī & Muslim*)

20) To use a miswāk upon awakening. (*Al-Bayhaqī*)